



# Nia White Belt Trainings 2020 South Africa



If you want to give yourself a gift, consider taking the White Belt Training. It's for people who love the feeling in their bodies when they move – whether you want to teach or simply want to deepen your awareness. You talk, you listen, you move, you play, you feel, you experience.

*“Nia is safe place where I can get lost in the joy of movement in my own special way of moving. Nia is a sure way to fall in love with yourself and everyone else again.” – White Belt graduate*

## Cost of the White Belt Training

The cost of the White Belt Training for South African residents is **US\$1,200**.

The cost of the White Belt Training for non-South African residents is **US\$1,599**.



**From the moment you step through the door, your relationship with your body and your experience of life is about to change in a good way. The White Belt Training is a gift to you and your body for the rest of your life.**

You need no movement background or fitness level and don't even have to be a Nia student. The international Nia website ([www.nianow.com](http://www.nianow.com)) explains the White Belt Training: Joyful. Transformational. It's unlike any other educational training you've ever experienced. The Nia White Belt Training is the first step on the Nia Training path. All Nia Trainings are highly interactive and delivers foundational principles through both cognitive and experiential learning models. Upon completion of the Nia White Belt Training, you're eligible to license as a Nia teacher.

## What you can expect to learn during the White Belt Training

- A deeper understanding of self: knowing your body, mind, emotions, and spirit.
- Techniques to sustain and increase pleasurable sensation in your body.
- Ways to integrate Nia's nine movement forms: Jazz, Duncan Dance, Modern Dance, Aikido, Tai Chi, Tae Kwon Do, The Alexander Technique, The Work of Moshe Feldenkrais®, and Yoga.
- The 52 Moves of Nia: the language of conditioning and self-healing.
- How to work with the 8BC System: developing listening skills to code and map music and sound.
- The practice of RAW (Relaxed, Alert, Waiting), and what it means to be in "living meditation".
- How to stimulate movement creativity using the eight stages of Free Dance.
- The Body's Way method for moving and physical conditioning.
- How to listen to the voices of your body.
- How to move in your Body's Way.
- How to "create space".
- About your "witness", and how to use it as a tool for self-healing.
- How to create an optimal learning experience working with the Energy Allies.
- How to communicate what you sense in your body.
- Nia's business philosophy and what it means to create a Sacred Livelihood based on your unique life purpose.

### **What is included in the Nia Training?**

- Seven-day White Belt Training, including 50+ hours of somatic education.
- Subscription to Nia's monthly e-Newsletter.
- Access to the Nia online community forum.
- Access to Nia's monthly mentoring telecourses.
- Nia White Belt (upon graduation).
- Nia Certificate of Completion.

Upon completion of your White Belt Training, if you'd like to continue your education and/or teach Nia in a fitness class or professional setting, you may do so by purchasing the Nia Teacher Membership Package, which is renewed annually (please refer to [www.nianow.com](http://www.nianow.com) for more details, or you can call Susan for more information).

### **Subscription to Nia's monthly e-Newsletter**

Stay connected to the co-founder and the global Nia community through this artful e-Newsletter, featuring articles, tips, special announcements, inspiring stories and graphics, and messages from Nia International Headquarters.

### **Nia Online Forum**

The forum provides support and camaraderie among Nia graduates worldwide. This online community includes discussions about personal experiences, teaching, cueing, business development, personal growth, and more!

### **Monthly Mentoring Telecourses**

Join monthly Mentoring Telecourses hosted by Nia co-creator Debbie Rosas-Stewart, along with other Nia Trainers. These telecourses provide an opportunity to connect live with the masters and keep you moving forward along your path. Telecourses include a 15-minute discourse by Debbie and/or the hosting Nia Trainer, followed by 15 minutes of Questions and Answers. Each year, a specific course of study is shared through a curriculum of monthly topics. Past courses of study, archived audio files, and upcoming schedules are available online at [www.nianow.com](http://www.nianow.com).

## **HOW TO REGISTER FOR THE WHITE BELT TRAINING**

**The first step is to create an account on [www.nianow.com](http://www.nianow.com) (if you haven't already done so).**

Go to [www.nianow.com](http://www.nianow.com)

Click on Log In / Sign Up

If you have never signed up before, click on "create an account now" (on the left-hand side of the screen)

Follow the prompts to create an account

If you already have an account, enter your details and click on Log In (on the right-hand side of the screen)

**If you're a South African citizen, and are doing a White Belt Training in South Africa, you're eligible for the US\$399 discount.**

### **How to register if you're a South African citizen**

To register, you need to pay a registration fee of US\$600 to Nia Technique Inc.

When you've opened your account and are ready to register and pay, go to:

<https://eventbrite.com/e/98148156779> (two weekends in July 2020 – Johannesburg)

<https://eventbrite.com/e/98135815867> (two weekends in August 2020 – Western Cape)

Click Register

Click Checkout

Your credit card will be charged with the South African Rand equivalent.

You can visit [www.oanda.com](http://www.oanda.com) to calculate the exchange rate at the time of your payment.

Please call Nia HQ on +1 503 245 9886 for any assistance to process this transaction on your credit card. You can also call Susan Sloan on +27 83 306 3852 for further assistance.

### **Instructor Fee**

The balance of US\$600 (the Instructor Fee) is due ideally one month before the White Belt Training. This amount is payable in South African Rands (calculated according to the rate of exchange on the day you pay).

Here are the banking details for this amount:

**Susan Sloan**

**Standard Bank, Hyde Park**

**Account Number: 003978346**

**Branch Code: 051001**

**(please use your name and date of White Belt Training as the reference)**

**Payment terms are available, if necessary, for the Instructor Fee.**

Once you've registered, you'll get an email confirming your registration and directing you to the Welcome to Nia White Belt page. This page will walk you through all aspects of the Nia White Belt Training experience, and will include videos, downloadable forms, and pre-training material. In the email, you'll be instructed to email the health waiver to your Trainer before the White Belt Training.

A week before the White Belt Training, you'll receive an email from the Trainer and Producer with logistics for the White Belt week.

### **How to register for the White Belt Training if you're not a South African citizen**

To book your place, you need to pay a registration fee directly to Nia Technique Inc. of US\$799.50.

Please contact Susan on +27 83 306 3852 for instructions on how to do this.

The balance of US\$799.50 (the Instructor Fee) is due ideally one month before the White Belt Training date. This amount is payable into the South African bank account noted above.

**Take the first step: send us an email ([info@niagp.co.za](mailto:info@niagp.co.za))  
or call +27 11 880 5223 | +27 83 306 3852  
[www.niagp.co.za](http://www.niagp.co.za) | [www.niasouthafrica.co.za](http://www.niasouthafrica.co.za) | [www.cominghometoyou.co.za](http://www.cominghometoyou.co.za)**